I eat healthy snacks.

I make smart food choices. Controlling my appetite between meals helps me to avoid overeating and I find it easier to resist junk food. So I refuel before I become ravenous. I eat nutritious snacks that stabilize my blood sugar and give me energy.

I keep wholesome foods out where I can see them. Having a bowl of fruit on my kitchen counter makes it easy to grab a peach instead of a bag of chips. At work, I keep almonds and raisins in my old candy jar.

I read labels carefully. I avoid excess sugar, salt, and empty calories.

I calculate my portions. I learn to eyeball 2 ounces of almonds or one cup of chocolate pudding.

I slow down and savor each bite. When I limit distractions, I appreciate my treats more.

I distinguish between thirst and hunger. I drink a glass of water to make my cravings for candy corn go away.

I take charge of my emotions. **I deal with sadness and anger constructively rather than drowning my feelings with soda and ice cream.** I call up a friend to talk things over. I take a walk or meditate.

Today, I think of food as my friend. Vegetables, fruits, and other whole foods are the mainstays of my diet at mealtime and throughout the day. I use snacks to help give my body the nutrients I need to stay fit and lead a fulfilling life.

Self-Reflection Questions:

1. What is one healthy snack I want to pack for work today?
2. How can I remind myself to think before snacking?
3. How can I prepare for those times in the day when I am most vulnerable to a snack attack?